



Fall Seasonal Guide

September 22nd - December 21st

Fall

September, October, November

This year our distribution system is experiencing greater challenges than usual due to Covid. There are bottle necks, labor shortages and increases in order minimums. Supplies of products are uneven.



Fall seasonal fruits include apples, pears, persimmons, pomegranates and quince, plus, around the end of October, the first hint of the citrus season arrives. Vegetable highlights include artichoke and cardoon, the brassicas, broccolis, brussel sprouts, cauliflowers, celery root, fennel, leeks and winter (hard) squash.

APPLES: Most heirloom varieties are short cropping, say 2-3 weeks, and are not good storage candidates. Be on your toes as Gravensteins herald the beginning of apple season in mid August and the apple parade begins. Commercial crops are harvested now and placed in controlled atmosphere storage to help us crunch through the lean winter months. A good apple season depends on many factors.. sufficient winter chill hours (every variety differs in its need for cold), presence or lack of spring storms, which can knock blossoms off the trees, and ill timed waves of summer heat.

ARTICHOKES: It is not the peak season of spring, but often there's a fall flush of 'chokes. Higher than usual summer heat will drastically reduce Fall artichoke flowers, as the plants react by shutting down to conserve energy. Cardoon comes back in season, too.

AVOCADOS: Californian avocado crops continue to decline as fewer trees are farmed due to climate changes, drought and fires of previous years.

BERRIES: Berries are suffering from the transition to distant growing areas. Blackberries, blueberries and raspberries are sourced from the Pacific Northwest and Mexico. In certain years local raspberries hang on into late October. Barring extreme storms, we generally source strawberries year round from California, with New Zealand, Chile, Florida or Mexico in the wings to cover as need be. Soft berries do not travel well making all but cranberries and huckleberries poor berry choices as the weather cools.

CITRUS: Rio Star Grapefruit can always be counted on to brighten the fall palate. Some years see early Fairchild tangerines and October may also bring us Buddhahs hand and the elusive makrut (keffir) lime. Full-on citrus season does not really start until late November when stem and leaf Satsuma Mandarins, blood oranges, and new crop Meyer lemons gear up. The last of the sugary Valencias depart and we move to Navels until late spring, when the Valencia season recommences Finger Limes continue through the season.

FENNEL: Foeniculum vulgare, a parsley family member, cousin of celery is at its seasonal best, both full sized or baby. Don't forget the fennel pollen.

GREENS: Hearty greens thrive in cooler autumn weather. Menus read well with chards, dandelion greens, escarole, frisee and kales prominently featured. Other good options include collard greens and mustard. Smaller leaved options include braising mix, baby mizuna, red mustard and tatsoi. October sees the return of organic mixed chicories and single pack varieties such as castlefranco, tardivo and treviso. Soft lettuces from spring mix to the larger leaf lettuces suffer as cool weather hits. Sourcing from southern growing regions requires a two-day trip after harvest; this adversely affects quality and shelf life. County Line Harvest is growing their fabulous Baby Head Lettuces near Thermal, along with other specialty greens.

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HERBS: Local basil winds down and we shift to Baja California for conventional. We should have MX grown organic cilantro & Italian parsley supply through the winter months. Tender herbs such as chives, chervil and tarragon can be challenged by the cold season. Some growers switch to the tougher and larger leafed “Russian” tarragon which we avoid. The hardier herbs-oregano, marjoram, rosemary, thyme and sage still come from small local farmers.

MUSHROOMS: Wild Mushroom supplies may be limited due to rainy weather.

PERSIMMONS: Both commercially available varieties fuyu (flat, firm when ripe and usually eaten raw) and hachiya (pointed, soft when fully ripe-allow 3-4 days to ripen) come into season around mid to late October. Both finish before Christmas, sometimes in early December. Occasionally we hit a vein of chocolate variety persimmons ... intriguing coloring and flavor.

ROOTS: Fall is prime root crop time. Beets of all shades and sizes, carrots, parsnips, turnips, sunchokes and salsify abound. Winter radishes are wonderful ... the black Spanish and watermelon are especially striking on plates. We may also have parsley root this year!

THANKSGIVING: The Pilgrims did not have green beans on their menu and you should not either. Beans are from central and South America at this time of the year and do not take kindly to the trip. Save yourself and your diners chewy disappointment with more seasonally salient selections such as broccoli, brocolini, broccoli di Cicco, cauliflower, Brussels sprouts, hard squash and yams. Of course, long cooking beans until super soft is a whole different story!



Seasonal Menu Picks

Fruit

Apples

Cranberries: (early October)

Figs: (thru mid October, approx.)

Huckleberries: (late September)

Kiwi: Hayward Variety

Grapes: Local, Zante, Peony,

Concord, Muscat

(thru early-mid October, approx.)

Melons: Local (thru mid October, approx.)

Pears

Persimmons: Fuyu (flat, firm when ripe- early/mid

October -mid/late

December)

Haichiya (Conical, pointed, soft when ripe- late

October-mid/late

December)

Plums: (thru late September/ October, approx.)

Pomegranates

Quince: Pineapple Variety

(thru mid October)

Nuts: Chestnuts

Vegetables

Artichokes (often a small fall flush—still best March-May)

Beets: All, Including Baby Romanesque,

Di Cicco (thru late

October), Broccoli Rabe,

Broccolini Brussels Sprouts

(on stalk early - mid October

to late October) Cauliflower:

Basic, Plus Some Purple, Green, Orange/Cheddar

Celery Root

Chicories: Frisee, County

Line mixed, Knoll Puntarelle

Fennel: Baby, Full Sized

Greens, Baby: Escarole,

Mustard, Tat Soi, Mizuna,

Braising Mix, Arugula,

Spinach, Dandelion Greens.

Full Sized: Escarole,

Mustard, Kale (Green,

Lacinato, Red Russian,

Spigariello)

Leeks

Onions: Local Fresh

Mixed Cipolini,

(thru early November, approx.) Parsnips,

Rutabaga

Peppers: Local

Heirlooms including

Toybox*

Potatoes: German

Butterball, French

Fingerling, and more

Pumpkin: Long Island

Cheese, Fairytale,

White, Sugar Pie, and all

decorative sizes

Radishes: Black Spanish,

Watermelon, Red Icicle,

Easter Egg, French

Breakfast, Daikon

Turnips: Baby white, Full

Sized, Scarlet Winter

Squash: Red Kuri,

Kabocha, Delicata, Swee

Dumpling and more.

FALL UPDATE

Small Local Farms



Cabrillo Farms

(San Mateo County)

Brussel Sprouts, Fava Beans,
English Peas

Capay Farm

(Capay, Yolo County)

Heirloom Tomatoes
Beans
Late Season Melons
Organic Pistachios
Organic Greens
Organic Kale
Organic Leeks
Organic Fennel

County Line Harvest

(Sonoma & Riverside County)

Mixed Baby Head Lettuces
Chards
Little Gem Lettuce
Baby Carrots
Baby Turnips
Bloomsdale Spinach
Celery
Cauliflower - Red Frill Mustard

Coke Farm

(Aromas, Monterey County)

Escarole
Meyer Lemons
Organic Baby Beets
Organic Celery Root
Organic Frisee
Organic Braising Greens
Organic Italian Parsely
Organic Watermelon Radishes
Organic Spanish Radishes
Baby Turnips
Heirloom & Cherry Tomatoes

Comanache Creek

(Butte County)

Basil
Baby Lettuces
Butternut Squash
Baby Butternut Squash
Hot Peppers
Serpent Cucumbers, Greens, Okra
Shelling Beans
Organic Sweet And Hot Peppers
Organic Heirloom & Toybox Squash
Pomegranates
Organic Cherry & Heirloom Tomatoes

Earthworks

(Oakland, Alameda County)

Flowers, Herbs

Fresh Origins

(San Marcos, San Diego County)

Specialty Micro and Petite Greens

Full Belly Farm

(Yolo County)

Organic Potatoes
Organic Leeks
Carrots
Onions
Asian Pears
Wine Grapes
Wheat Berries (Dried)

Gourmet Mushrooms

(Sonoma County)

Alba & Brown Clamshell
Chef's Sampler
Hen Of The Woods,
Toybox & Trumpet Royal Mushrooms

Glaum Egg Ranch

(Santa Cruz County)

Pasture Raised Organic White Brown
Eggs

Hilltop Ranch

(Santa Clara County)

Locally Grown Culinary Herbs

Iacopi Farms

(Half Moon Bay, San Mateo County)

Peas
Fava Beans
Cranberry Beans
Manchurian Beans
Italian Butter Beans
Emergo Beans

Jacobs Farm

(Pescadero, San Mateo County)

Organic Flowers
Organic Herbs
Organic Stinging Nettles

Knoll Farms

(Brentwood, Contra Costa County)

Organic Cardoon
Herbs: Rosemary, Sage, Fava Leaves,
Fig Leaves, Horseradish Leaves

Lakeside Organic Gardens

(Monterey County)

Organic Celery
Organic Cabbage
Organic Lettuce
Organic Fennel
Organic Leeks
Organic Radichio
Organic Kales
Organic Chicories
Organic Bok Choy
Organic Beets
Organic Greens
Organic Herbs
Organic Eggplant
Organic Cucumbers
Organic Bell Peppers & Chiles

FALL UPDATE

Small Local Farms



Marshall Honey

(Solano County)

Organic Varietal Honey

Oz Farms

(Del Norte County)

Pink Pearl Apples

Pink Surprise

Ashmead Kernel

Belle Di Boskop

Jonagold

Spitzenberg Apples

Riverdog Farm

(Yolo County)

Cherry Tomatoes

German Butterball Potatoes

Yellow Finn

Heirloom & Early Girl Tomatoes

Peppers

Eggplants

Greens

Delicata Squash

Butternut Squash

Sugar Pie Pumpkins

Rouge De Temps Pumpkins

Fairy Tail Pumpkins

Gold/Green Zucchini

Salad Cosmo

(Solano County)

Bean & Daikon Sprouts

Sebastopol Micro Greens

(Sonoma County)

Living Micro Greens

Shanley Farm

(San Luis County)

Finger Limes

Solana Gold Farm

(Sebastopol, Sonoma County)

Heirloom Apples

Pineapple Quince

Solano Mushroom Farm

(Solano County)

Organic Oyster Mushrooms

Organic Eryngii Mushroom

Yah-whooo Farm

(Vacaville, Solano County)

Micro Greens

FALL VEGETABLES



VEGETABLE	GROWING REGION	AVAILABILITY
Artichokes	California	Year Round
Artichokes, Small Loose	California	Year Round
Asparagus, White	South America**	Year Round
Avocado	California/Mexico**/Peru**	Year Round
Baby Fennel	California	Year Round
Baby Leeks, Conventional	California	Mid June - Mid September
Baby Lettuce, Mix	California	Year Round
Baby Lettuce Mix, Organic	California	Year Round
Baby Spinach	California	Mid May - Late October
Beans, Cranberry	California	June - October
Beans, Fava	California	April - September
Beans, Romano	California	Late May - Mid October
Broccoli Raab	California	Jan - Early April; August - December
Broccoli, Chinese (Gai Lan)	California	Year Round
Broccoli, Italian Sprouting	California	Jan - March; November - December
Brussel Sprouts	California	Jan - Mid February; Oct - December
Burdock Root	California	Year Round
Cardoon	California	Jan - March; September - December
Castlefranco Radicchio	California	Jan - Mid March; Nov - December
Cauliflower	California	Year Round
Celery Root	California	Year Round
Chicories	California	Late October - Late March
Endive, Mixed	California	Year Round
Escarole	California	Year Round
Fennel	California	Year Round
Frisee	California	Year Round
Garlic, Green	California	Mid March - Mid May; Mid Sept - Mid Nov
Horseradish Root	U.S.*	Year Round
Kale, Lacinato	California	Jan - Mid April; Mid Nov - December
Leeks	California	Year Round
Mizuna	California	Year Round
Mushrooms, Hedgehog	California	Year Round
Mushrooms, Hen of the Wood	Hawaii*	Year Round

* = Grown outside of California, but inside U.S.; ** = Grown outside U.S.
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Call Us at 415-647-2991 or visit our website www.greenleafsf.com

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FALL VEGETABLES



VEGETABLE	GROWING REGION	AVAILABILITY
Mushrooms, Lobster	Northwest*	August - October
Mushrooms, Matsutake	Oregon*	September - October
Okinawa, Sweet	California	Jan - April; September - December
Pan di Zucchero	California	April - November
Peppers, Corno di Toro	California	September - October
Peppers, Gypsy - Organic	California	June - Late October
Peppers, Pasilla	California/Mexico**	Year Round
Peppers, Red Gypsy	California	July - Mid October
Potatoes, Banana Fingerling	Washington*	Jan - March; September - December
Potatoes, French Fingerling	California/Idaho*	Year Round
Potatoes, German Butterball	California	May - January
Potatoes, Purple Peruvian	Idaho*	Jan. - Mid May; August - December
Potatoes, Red Thumb	Oregon*	Mid August - December
Potatoes, Ruby Crescent	Oregon*	Year Round
Pumpkins, Baby Bear	California	September - December
Pumpkins, Mini	California	September - December
Pumpkins, Sugar Pie	California	September - December
Puntarelle, Chicory	California	Late October - December
Radicchio Mix, Baby	California	Jan - Feb; October - December
Radicchio, Treviso	California	Year Round
Radish, Easter Egg	California	Year Round
Radish, French Breakfast	Mexico**/California	Year Round
Radish, Watermelon	California	Jan - Feb; May - December
Rutabaya	Oregon*/California	Year Round
Salsify	California	Jan - May; Mid September - December
Spinach, Bloomsdale	California	Jan - Mid March; Mid Sept - December
Squash, Blue Hubbard	California	October - Late November
Squash, Butternut	California	October - Late November
Squash, Carnival	California	September - Mid November

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FALL FRUITS



FRUIT	GROWING REGION	AVAILABILITY
Apples, Crab	California	September - December
Apples, Gravenstein	California	August - September
Apples, Lady	California	Mid September - December
Apples, Pink Pearl	California	September
Apples, Rome	California	October - November
Apples, Sierra Beauty	California	Mid October - Mid December
Asian Pear, Shinko/Housi	California	August - Mid December
Charantais	California	Late June - September
Citron, Buddha's Hand	California	November - January
Cranberries	Massachusetts*	September - December
Cranberries	Michigan*	Mid September - Early December
Dates, Barhi	California	September - December
Dates, Medjool	California	Year Round
Figs, Black Mission	California	May - Mid September (Gap Mid-July)
Figs, Brown Turkey	California	June - Mid October
Figs, Kadota	California	Mid July - Mid September
Grapefruit, Indian River	Texas*	July - December
Grapefruit, Rio Star	California	June - Mid October
Grapes, Chardonnay	California	September - October
Grapes, Concord	California	Mid August - Mid October
Grapes, Gawurtztraminer	California	September - Mid October
Grapes, Muscat	California	Mid August - Mid October
Grapes, Peopny	California	Mid August - Early September
Grapes, Syrah	California	Mid September - Mid October
Graped, Zante	California	July - September
Huckleberries	Oregon*	Mid August - November
Lime, Key	Mexico**	Year Round
Mandarin, Lee	California	November - January
Mandarin, Page	California	November - January

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Mandarin, Satsuma	California	November - January
Mangoes	Peru/Mexico/Brazil**	Year Round
Melons, Canteloupe	California	Year Round
Melons, Canary	California	June - September
Melons, Casaba	California	June - September
Melons Crane	California	June - September
Melons, Galia	California	May - October
Melons, Honeydew, Pink	California	June - September
Melons, Sharlyn	California	May - Mid December
Nectarines	California	May - September
Nectarines, Arctic Rose	California	June - Mid September
Nectarines, White	California	Late June - September
Oranges, Valencia	California	May - Mid December
Papaya, Strawberry	Hawaii*	Year Round
Passion Fruit	California/Florida*/New Zealand**	Year Round
Peaches	California	May - Mid September
Peaches, Frog Hollow	California	May - Mid September
Peaches, Indian Blood	California	September
Peaches, White	California	May - Mid September
Beaches, White - Goldbud	California	September - Mid October
Pears, Bartlett	Northwest*	Mid August - November
Pears, Cactus	US*/Mexico**	Jan - March; June - December
Pears, Comice	California/Northwest**	Jan - Feb; September - December
Pears, D'Anjou	California/Northwest**	Late September - Late November
Pears, French Butter	Washington	August - Early October
Pears, Seckel	California/Pacific Northwest*	August - Mid December
Persimmons, Fuyu	California	January; October - December
Persimmons, Machiya	California	October - December

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Pomegranates	California	August - December
Pommelo	California	Jan - February; November - December
Quince	California	September - December
Rhubarb, Field Grown	Northwestern U.S.*	Mid March - Mid September
Star Fruit	U.S.*/Mexico**	Jan - March; Late July - December
Strawberries	California	Year Round
Tangerines, Fairchild	California	Late October - December
Tangerines, Fallglo	Florida*	Late September - Late November
Tangerines, Fremont	California	January; October - December
Tangerines, Sunburst	Florida*	January; October - December

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